

AUG 2006



FFSC CALENDAR OF WORKSHOPS

Naval Base San Diego • Naval Base Coronado • Naval Base Point Loma

Transition & Spouse Employment

For registration or more information on the following workshops, please call 619/545-6071.

Finding Federal Employment

August 7, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
August 8, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
August 15, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
August 24, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Introduction to Owning Your Own Business

August 14, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
August 15, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
August 24, Thursday, 5:00 PM-7:00 PM, NBC, Bldg. 318, Conference Room

Resume Writing

August 1, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
August 9, Wednesday, 9:00 AM-11:00 AM, NBSD, Career Information Center, Pier 6 Bldg. 3416
August 10, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room
August 21, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 263, Classroom 3
August 22, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3



Winning Interview Techniques

August 1, Tuesday, 9:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
August 8, Tuesday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
August 17, Thursday, 9:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Victim Intervention



For a full description of FFSC workshops and to register for classes, visit us at www.cnrsw.navy.mil/fsc

All active duty, reservists, retirees, DoD personnel, and their family members are invited to attend these programs and use The Fleet & Family Support Center services.

Naval Base Coronado (NBC)
619/545-6071 • Bldg. 318
Mon-Fri, 7:30 am - 4:30 pm

Naval Base San Diego (NBSD)
619/556-7404 • Bldg. 259 & 263
Monday 7:30 am - 7:00 pm
Tue-Fri, 7:30 am - 4:30 pm

Naval Base Point Loma (NBPL)
619/553-8306 • Bldg. 211 & 212
Mon-Fri, 7:30 am - 4:30 pm

Financial

For registration or more information on the following workshops, please call 619/545-6071.

Car Buying Strategies

August 22, Tuesday, 2:00 PM-3:30 PM, NBSD, Bldg. 263, Classroom 3

Command Financial Specialist Training (CFS)

August 14-18, Monday-Friday, 8:00 AM-4:00 PM, NBC, Bldg. 678, Classroom 229

Command Financial Specialist Continuing Education

August 1, Tuesday, 9:00 AM-11:00 AM, NBSD, Base Theater

Developing Your Spending Plan (Basic Money Management)

August 3, Thursday, 1:30 PM-3:00 PM, NBC, Bldg. 318, Conference Room

Home Buying

August 9, Wednesday, 1:00 PM-4:00 PM, NBPL, Bldg. 211, Classroom 1

Identity Theft

August 30, Wednesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

REDUX and the \$30,000 Bonus

August 10, Thursday, 2:00 PM-3:00 PM, NBC, Bldg. 318, Conference Room

Savings and Investments

August 2, Wednesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1

The Art of Successful Investing

August 8, Tuesday, 12:00 PM-1:30 PM, NBSD, Bldg. 263, Classroom 3

Thrift Savings Plan (TSP)

August 29, Tuesday, 2:00 PM-3:30 PM, NBSD, Bldg. 263, Classroom 3



Predatory Lending

August 9, Wednesday, 9:00 am-10:00 am
NBSD, CB Village, Bldg. 3535

Parenting, Family, Counseling

For registration or more information on the following workshops, please call 619/553-4744, *unless otherwise noted*, or log on to our website at www.cnrsw.navy.mil/fsc

Adults Molested as Children (AMAC Group for Women)

Group therapy is available in 8-week psycho-educational groups. Call the Counseling Dept. at 619/545-6071 for more details. Mondays, 2:00 PM-4:00 PM, NBC, Bldg. 318

Boot Camp For New Dads

To register, call 619/532-6846.

Couples Conflict Resolution (How To Fight Fair In Love And Marriage)

August 16, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

Deployed Spouse Support Group

Call 619/556-7404 or 619/545-6071

Effective Parenting Class

August 1, 8, 15, 22, 29, Tuesday, 9:00 AM-4:00 PM, NBSD, Bldg. 259, Classroom 2

Engaged and Married Couples Workshop (PREP)

August 15, Tuesday, 8:00 AM-4:00 PM, NBC, Bldg. 318, Learning Center

Individuals, Couples, & Family Counseling

Mondays, 7:30 AM-7:00PM, NBSD
Tuesday-Friday, 7:30 AM-4:30 PM, NBSD
Monday-Friday, 7:30 AM-4:30 PM, NBC or NBPL
Fridays, 8:00 AM-5:00 PM, Murphy Canyon Chapel Annex (*by appt. Only*)

Navy New Parent Support Program's In-Home Parenting Classes

Parenting support available in your home! To schedule an appointment or for more information, call 619/556-8812.

Responsible Anger Management

To register, call 619/553-4744
August 10-11, Thursday-Friday, 9:00 AM-2:00 PM, NBPL, Bldg. 140, Classroom 120
August 31-September 1, Thursday-Friday, 9:00 AM-2:00 PM, NBPL, Bldg. 140, Classroom 120



Personal Improvement

For registration or more information on the following workshops, please call 619/556-7414 or email FFSCMobility@navy.mil.

Decision-Making and Resource Management

August 8, Tuesday, 10:00 AM-11:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
August 15, Tuesday, 10:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535
August 16, Wednesday, 10:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
August 23, Wednesday, 10:00 AM-11:00 AM, NBC, Bldg. 318, Conference Room

Goal Setting

August 8, Tuesday, 2:00 PM-3:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
August 15, Tuesday, 2:00 PM-3:00 PM, NBSD, CB Village, Bldg. 3535
August 16, Wednesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1
August 23, Wednesday, 2:00 PM-3:00 PM, NBC, Bldg. 318, Conference Room

Improving Time Management

August 8, Tuesday, 1:00 PM-2:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416
August 15, Tuesday, 1:00 PM-2:00 PM, NBSD, CB Village, Bldg. 3535
August 16, Wednesday, 1:00 PM-2:00 PM, NBPL, Bldg. 211, Classroom 1
August 23, Wednesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Team Building

August 8, Tuesday, 9:00 AM-10:00 AM, NBSD, Career Information Center, Pier 6, Bldg. 3416
August 15, Tuesday, 9:00 AM-10:00 AM, NBSD, CB Village, Bldg. 3535
August 16, Wednesday, 9:00 AM-10:00 AM, NBPL, Bldg. 211, Classroom 1
August 23, Wednesday, 9:00 AM-10:00 AM, NBC, Bldg. 318, Conference Room



Life Skills

For registration or more information on the following workshops, please call 619/553-4744 or log on to our website at www.cnrsw.navy.mil/fsc

Building Self-Esteem and Assertiveness

August 21, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 1

Conflict Resolutions

August 30, Tuesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

Couples Communication

August 28, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 1

Dealing with Anger

August 7, Monday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 1
August 9, Wednesday, 1:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1
August 23, Wednesday, 2:00 PM-4:00 PM, NMC, Balboa Hospital, 1st Fl.

Dealing with Stress

August 2, Wednesday, 2:00 PM-4:00 PM, NMC, Balboa Hospital, 1st Fl.
August 10, Thursday, 9:00 AM-11:00 AM, NBSD, CB Village 303, Bldg. 3535
August 18, Friday, 9:00 AM-11:00 AM, NBPL, Bldg. 211, Classroom 1
August 23, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2



Parenting Tips

August 9, Wednesday, 5:00 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

Relocation, Info & Referral

For registration or more information on the following workshops, please call 619/556-7414 or email FFSCMobility@navy.mil.

Active Duty Pregnancy Resources Workshop

August 9, Wednesday, 8:00 AM-11:00 AM, NBSD, Bldg. 263, Classroom 3
August 23, Wednesday, 4:30 PM-7:30 PM, NBC, Bldg. 318, Conference Room

Command Leadership Orientation

August 2, Wednesday, 8:00 AM-4:00 PM, NBC, Bldg. 318, Conference Room

Exceptional Family Member Program (EFMP) Command Point of Contact (POC) Training

August 22, Tuesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Exceptional Family Member Program (EFMP) Orientation

August 1, Tuesday, 2:00 PM-3:00 PM, NBPL, Bldg. 211, Classroom 1
August 7, Monday, 5:30 PM-6:30 PM, NBSD, Bldg. 259, Classroom 2

Developing Your Family Care Plan

August 22, Tuesday, 9:00 AM-10:00 AM, NBC, Bldg. 318, Conference Room
August 28, Monday, 5:30 PM-6:30 PM, NBSD, Bldg. 259, Classroom 2

International Spouse Orientation

August 23, Wednesday, 1:00 PM-2:30 PM, NBSD, Bldg. 259, Classroom 2

Military Spouse 101

August 8, Tuesday, 9:00 AM-10:30 AM, NBC, Bldg. 318, Conference Room
August 14, Monday, 5:30 PM-7:00 PM, NBSD, Bldg. 259, Classroom 2

Preparing for an Overseas Tour

August 9, Wednesday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Smooth Move

August 3, Thursday, 10:00 AM-11:00 AM, NBSD, Bldg. 259, Classroom 2
August 17, Thursday, 1:00 PM-2:00 PM, NBC, Bldg. 318, Conference Room

Sponsor Coordinator Training

August 3, Thursday, 9:00 AM-10:00 AM, NBPL, Bldg. 211, Classroom 1

Sponsor Training

August 9, Wednesday, 10:00 AM-11:00 AM, NBSD, CB Village, Bldg. 3535
August 15, Tuesday, 2:00 PM-3:00 PM, NBSD, Career Information Center, Pier 6, Bldg. 3416

Welcome to San Diego & Free Tour!

August 2, Wednesday, 9:00 AM-3:30 PM, NBSD, Bldg. 259, Classroom 1

